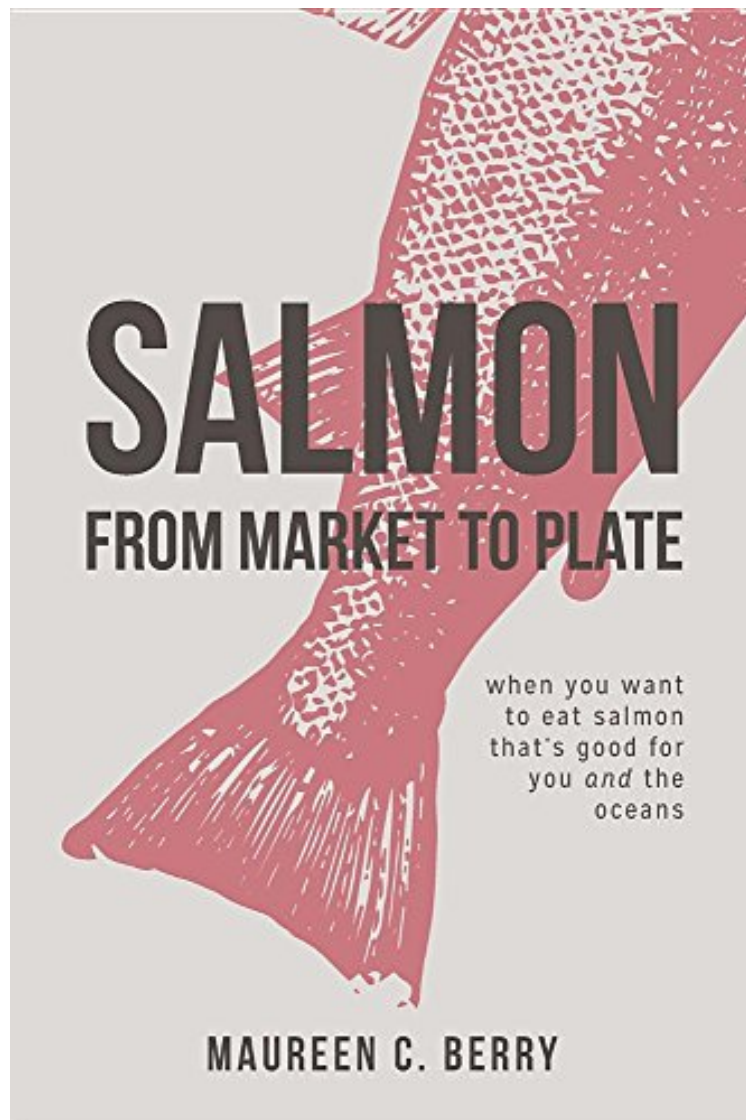


[Ebook free] Salmon From Market To Plate: when you want to eat salmon that is good for you and the oceans (The Sustainable Seafood Kitchen)

Salmon From Market To Plate: when you want to eat salmon that is good for you and the oceans (The Sustainable Seafood Kitchen)

Maureen C. Berry

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Maureen C. Berry : Salmon From Market To Plate: when you want to eat salmon that is good for you and the oceans (The Sustainable Seafood Kitchen) before purchasing it in order to gage whether or not it would be worth my time, and all praised Salmon From Market To Plate: when you want to eat salmon that is good for you and the oceans (The Sustainable Seafood Kitchen):

3 of 3 people found the following review helpful. I wish I had this cookbook when I first started cooking salmon instead of learning trial by error that the line between great saBy poohbearsmomThis author is very knowledgeable. I have lots of salmon recipes, so really did not need anymore, but the ones in the book were very interesting and covered a lot of different taste palates. This authors intro was worth the purchase. I just thought I knew everything there was to know about salmon! This took the mystery out of farm vs wild plus lots, lots, more. I wish I had this cookbook when I first started cooking salmon instead of learning trial by error that the line between great salmon dishes and mediocre salmon may be a minute or two overcooking! This book will entertain the chef in each of us and is a must for the novice.1 of 1 people found the following review helpful. Love this book - even the texture is cozy and ...By CustomerLove this book - even the texture is cozy and delicious. You can tell the author is from Pittsburgh as she has that good "ole", down to earth, Pittsburgh feel to it! I have been wanting good Salmon recipes for awhile and I know there are lots of titles out there. This one has my jaw dropping and my kitchen ready with eagerness to start making all of the recipes starting from the first one. Happy Mother's Day to me!1 of 1 people found the following review helpful. This is a wonderful cookbookBy CustomerI love cook books. This is one of the best written cookbooks I have. And when I say I love cookbooks I meant it! I can spend hours at the Local book store pouring over the latest publications.Can't wait for your next one to come out... Sharpen those pencils!If you love cooking, love salmon and love the environment, this cookbook is for you! It will not disappoint.

When you want to maintain a sustainable kitchen, the cliché, knowledge is power, is more relevant than ever. When it comes to salmonwith all the choices, catchphrases, and eco-labelsbuying salmon can be overwhelming. Seafood advocate and cook Maureen C. Berry shows you how to be a sustainable salmon shopper and conscientious cook with Salmon From Market To Plate when you want to eat salmon that is good for you and the oceans.With an approachable, informed voice, Maureen shows you why you should care about the salmon you buy and eat. Then you'll head to the kitchen to discover which tools and pantry essentials make you a salmon-cooking success. She shares easy, delicious Everyday Recipes that will appeal to beginners with little or no experience to cooks who want to impress. And for cooks who want to up their game in the kitchen, Maureen shares ten Chef-Inspired Recipes from celebrity chefs who support ocean conservation and sustainable fisheries.Salmon From Market to Plate when you want to eat salmon that is good for you and the oceans is the quintessential quick guide for anyone who wants to buy and eat salmon that is good for you, our planet, and our growing global population.

From Publishers WeeklyFood writer Berry bonded with the ocean after a trip from her native Pittsburgh to Maryland. That connection turned into a lifelong obsession that included a 10-year stint running a restaurant in the Florida Keys, where she pursued a love for all things seafood. But it wasn't until taking a job as a seafood specialist selling fresh fish to chefs that she discovered a specific affection for the distinct, rich flavor of salmon, which led to this unique combination history and cookbook. Starting with a look at what she calls sustainable salmonfish that are caught or raised in a manner that doesn't harm the environment and will provide salmon for future generationsBerry examines the differences between wild and farmed salmon, provides tips and shopping guides for making choices at the supermarket (Bring an insulated bag to transport the salmon home and either ask for a small bag of ice or bring your own to keep the fish cool), details the various spices and oils needed to add to bring out the natural flavor of the fish, and discusses proper cooking techniques (One of the most common errors when cooking salmon is overcooking. A kitchen timer will solve that problem). Then, in the heart of the book, she offers 20 simple recipes (slivers of fennel-flavored salmon, mandarin oranges, tangy mustard, and Swiss cheese) and 10 more challenging ones (baked ancho chile Verlasso salmon cakes with lemon and roasted garlic aioli).(BookLife) Food writer Berry bonded with the ocean after a trip from her native Pittsburgh to Maryland. That connection turned into a lifelong obsessionwhich led to this unique combination history and cookbook~ Publishers Weekly I wish I had this cookbook when I first started cooking salmon instead of learning trial by error This author is very knowledgeable. I have lots of salmon recipes, so really did not need anymore, but the ones in the book were very interesting and covered a lot of different taste palates. This authors intro was worth the purchase. I just thought I knew everything there was to know about salmon! This took the mystery out of farm vs wild plus lots, lots, more. I wish I had this cookbook when I first started cooking salmon instead of learning trial by error that the line between great salmon dishes and mediocre salmon may be a minute or two overcooking! This book will entertain the chef in each of us and is a must for the novice. ~ Pooh bears momVery well written and informative. She definitely has done her homework. ~ Kat L About the AuthorMaureen C. Berry is a veteran food service industry professional turned food writer and author of thecookbook, Salmon From Market To Plate. She believes that our choices make a difference and what we do on land has a direct effect on our oceans and planet. Her work focuses on sustainable seafood and solutions for consumers to help supportboth wild and farmed fisheries.